



Waterkloof House  
Preparatory School

**Waterkloof House Preparatory School  
Sport Policy**

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## **1 WPHS SCHOOL VISION**

To create a special place of learning for the entire WHPS family built on a strong sense of tradition and a unique ethos, with a focus on developing our boys into future leaders by offering a holistic education marked by excellence.

### **WHPS mission**

Waterkloof House Preparatory School realises the holistic development of its boys using a broad-base to promote high moral values, independent thinking, self-discipline and a positive self-image, enabling each boy to realise his full potential in academic, sporting and cultural fields within a Christian environment. Through their enthusiastic and caring attitude, parents, staff, Old Boys and the wider WHPS family, combine to uphold and further promote the School's established traditions and the achievement of its vision.

### **Vision for WHPS Sport**

At WHPS it is our goal to provide a holistic education in which sport plays its roles in a boy's development. It is our intention to enable each child to fulfill his potential within a sporting programme offering quality and flexibility, and be motivated to participate in a sport that promotes physical development, a positive self-image and manifests a passionate mindset for sport and for life.

## **2 EDUCATIONAL PERSPECTIVE**

### **2.1 Educational Perspective**

In order to ensure the effective sporting development of a boy in the respective sporting codes offered at WHPS, a detailed curriculum for every age group is incorporated into the Coaching programme.

### **2.2 Compulsory Sport**

The sports programme is divided into three academic terms with the main sport of the term being compulsory for all boys from Grade 1 – Grade 7. It is strongly recommended that all Grade 0 boys attend the Saturday sports programme.

Boys who miss matches for any reason need to be aware upon their return that they are not automatically put back into the team that they left. The reason for this is; should the player replacing them perform well in the opinion of the coach, the boy will move to a lower team and be required to work his way back. This does mean that the boy could be placed back into the team straight away, should it be in the interest of all parties involved.

The Director of Sport in consultation with the Headmaster will view each request and make a decision based on the reason for absence.

### **2.3 Optional Sport**

The senior boys have the option of either choosing squash or tennis as an additional sport as an extra-mural activity. Boys in Grade 6 and 7 have the option to play cricket.

### **2.4 Peripatetic Activities**

WHPS out-sources specific sporting disciplines in order to afford the boys the experience of a diverse range of activities under the guidance of trained professionals. The external vendors are required to function within the established parameters of the Sports Department. The peripatetic activities play an integral role in introducing the Pre-Prep and Junior Prep boys to activities which contribute to the development of their gross-motor skills and ultimately serves to introduce them to the formal sports on offer at School.

### **2.5 Human Movement Study**

The need for the introduction of Human Movement Study (P.E.) has been identified as a result of the declining level of physical wellbeing of the boys. As their lifestyle becomes increasingly sedentary in nature – information age – the need to introduce a life skills (Human Movement) programme over and above the existing sporting activities is imperative, in order to address the shortcomings.

### **2.6 Code of Conduct**

Discipline during sport is essential and any breach of the Code of Conduct will be dealt with according to the School's Disciplinary Code. The Coaches' Code of Conduct will become part of the performance expectation and provides a detailed description of the role and requirements of a sports coach at WHPS.

### **2.7 Dress Code**

The sporting dress code is strictly according to the guidelines stipulated by the respective WHPS seasonal sports on offer. When representing the School it is imperative that every boy is neatly and correctly attired. When boys go home they are to be dressed appropriately in the full dress code.

## **3 APPROACH TO SPORTING DISCIPLINES**

### **3.1 General Approach**

The prime objective of the WHPS sports department is to ensure that all participants should enjoy sport, by having fun the experience will ultimately result in achievement. Competitive sport at too young an age can result in boredom and/or disenchantment with the sport. Even at an Under 9 level, matches should be regarded as educating opportunities, and the competitive aspect is secondary to the assimilation of all aspects of the game by the participants. We are aware of, and concern about, the unrealistic expectation and aspirations. While sport is regarded as compulsory because we believe that sport can contribute to special, physical and the overall development of individuals, we are receptive to requests from parents for boys to be excused to

participate in alternative sporting activities, where these are clearly to the benefit of the pupil concerned.

### **3.2 School Teams and Provincial selection**

All teams in all sports are selected on individual performance and merit from Grade 3, and while performance in previous years is taken into account, all boys are given the opportunity to trial for team selection at the beginning of a season.

Prior to Grade 3 teams will be selected on the basis of mixed competency in order to allow equal development.

Boys selected to represent the province are recognized and encouraged by the School for their achievements, however in terms of sporting involvement the boys are required to firstly meet their School commitment.

### **3.3 Practice and Match Procedure**

**ISASA** – As our association with the Independent Schools is based on strong traditional ties, the WHPS teams compete against the Johannesburg Schools in every sporting code on offer at WHPS (the exception being squash). These fixtures are scheduled for either weekdays or Saturdays.

**Pretoria Leagues** – WHPS teams participate in midweek fixtures locally throughout the year. In summer and spring seasons, the respective teams) from u9 upwards) participate in cricket, squash and swimming leagues. In the winter season our teams participate in the Primary Schools' football leagues.

## **4 SENIOR AND JUNIOR SPORT**

### **4.1 Basic Outline**

Grade 0 and Grade 1 boys have a programme of structured ball skill activities (including PlayBall lessons for the Grade 0 boys) as part of their morning timetable. In order to make effective use of limited space in the afternoons, the sport is divided into 2 groups, namely Junior and Senior sport. Formal Junior sport is for Grade 2's and Grade 3's (generally up to and including u10). Senior Sport is from Grade 4 – Grade 7 (u11 to Open)

### **4.2 Competition and Participation**

Competitive sport at too young an age can result in boredom and/or disenchantment with the sport. Every boy is afforded the opportunity to represent the school in the respective seasonal sports.

Should a boy choose to participate in club activities, it will be at the discretion of the School in a manner that is least disruptive for the School.

## **5 GENERAL SPORTING ISSUES**

## **5.1 Weather**

During the rainy season, a decision will be made at 12 noon (weekdays) and 07h00 (Saturdays) if practices or matches are to continue. If cancelled, the Senior Boys may only leave the premises after prep, which ends at 15h00. Juniors, however, will be allowed to leave School immediately after lunch, or attend After Care. If sport is disrupted by rain during the afternoon, the pupils will remain in the care of the staff members involved until the allotted practice time is over.

## **5.2 Transport**

The school provides transport to all week day sport fixtures. It is compulsory for children to use the transport provided to fixtures but may return home with their parents. Transport for Saturday matches can be booked through the Sport's Department. The transport form is available on the Communicator and must reach the Sports Department by 08:00 on the Thursday prior to the match. Where necessary, parents are approached by the respective Coaches (in writing) to assist with transporting boys to away venues. Should the School and/or parent be unable to provide transport, a suitable bus will be hired.

## **5.3 Parental Involvement**

The role of parents is to provide their son with the necessary motivation, enthusiasm and support required to ensure that the outcome of his participation is a positive experience. When appropriate, to offer their assistance in the respective spheres of sport at WHPS, i.e. transporting, catering, hosting teams, or coaching and organizing at various levels within the established parameters for coaches at the School.

## **5.4 Tours and Camps**

The opportunity to participate in a sporting tour or School camp is accessible to every WHPS boy. It is the aim of the Sports Department to create touring opportunities for boys which enable them to participate in a wide variety of sporting or camping experiences.

## **5.5 Communication**

At the start of every term, all sporting details (fixtures, timetables etc.) are published in the School calendar booklet and on the School Communicator. However, due to the nature of sport, fixtures will be subject to change at relatively short notice. All boys representing the School will be notified (verbally or written notice) of their selection to a team, where possible, at least 2 days prior to the match day.

## **5.6 Sponsorship**

Although sponsorship is not the norm at WHPS, the sponsorship of touring teams is encouraged. However, any branding must be discreet and may not detract from the

School dress code and logo. Any sponsor branding requirements will be submitted to Council for approval.

## **6 MONITORING OF THE SPORTING PROGRAMME**

### **6.1 Overall Programme**

The sporting curriculum allows for the ongoing monitoring of progress being made by an individual through both qualitative and quantitative evaluation, and the monitoring of competency levels being achieved by the Coaching staff.

### **6.2 Coaching**

The sporting staff are required to adhere to a prescribed coaching curricula for the respective sports and are subject to a seasonal assessment of their achievement of the established parameters.

### **6.3 Reporting**

The sporting curriculum moves the sportsman along the continuum from introducing and consolidating the fundamentals of a sport to competing at a higher level. A process of monitoring and assessment measures and reports on the progress of every boy in every sport he participates in.

## **7 FINANCE**

To maintain the required fiscal rectitude stipulated by both the School Council and Management, an annual budget is prepared outlining the financial requirements of the Sports Department. A stock register is kept of all Sport Department assets, updated on an annual basis.

The WHPS Sport Policy is to be viewed as a dynamic document that is reviewed on an ongoing basis. With the rapid advances in the field of sport (both in terms of research and development and on the playing field) it is crucial that the School establishes a synergy with the key role players, i.e. Tertiary Institutions, Sports Medicine Practitioners (Biokineticists, Nutritionists and Physiotherapists) and the respective Sporting Unions or Associations, in order to be at the forefront of school sport.